



## Useful links on the CommonHealth website

The CommonHealth website contains a wealth of information on a variety of topics. If you haven't visited our pages recently, now's a good time to visit again. Here are some workplace scenarios you may find yourself in:

Gosh, I loved that topic CommonHealth presented a year or two ago. Is it still available?

<http://www.commonhealth.virginia.gov/pastprograms.htm>

Those weekly wellnotes are so useful! How can I find one of my favorites?

<http://www.commonhealth.virginia.gov/communications.htm>

Our office is ready to start a challenge. Who has time to create that? It would be so nice to have a ready-made challenge we can use! <http://www.commonhealth.virginia.gov/challenges.htm>

Our agency is hosting a conference and we'd love to have CommonHealth come and present. How do we know who to invite? <http://www.commonhealth.virginia.gov/coordinators.htm>

I am looking for some health and wellness ideas to share with the family. Where do I begin to look?

<http://www.commonhealth.virginia.gov/healthyfamilyideas.htm>

Another agency was bragging about earning a certification from CommonHealth. How can our group do that? <http://www.commonhealth.virginia.gov/worksitcertified.htm>

We really want to ramp up our wellness program. How can we get inspired to do more?

<http://www.commonhealth.virginia.gov/bestpracticescertifiedgroups.htm>

I am a motivated Agency Coordinator; I know the year is full of health observances. How can I find that list and other resources like it? <http://www.commonhealth.virginia.gov/actoolkit.htm>

How can I follow CommonHealth on social media? <http://www.facebook.com/Commonhealthva> and for Instagram or Twitter – search CommonHealth

How can I get to health benefits information\*? <http://www.dhrm.virginia.gov/healthcoverage>

\*more to come on this topic in a future wellnote...we plan to share lots of DHRM links!

[www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov)

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